

CAMP INFORMATION

WHERE: Chlapaty Recreation and Wellness Center (CRWC) University of Dubuque

WHEN: Tuesday December 27 - Wednesday December 28, 2016

TIME: 9:00am-3:00pm

WHAT: Event specific training and education, athletic development, injury pre-habilitation, regeneration, video analysis.

AGES: High School - Grades 9 thru 12

COST: \$75 if received by December 16, 2016
\$85 if received after December 16

LUNCH: Provided by University of Dubuque

WHAT TO BRING: Athletic Apparel, Running Shoes, event shoes/spikes, Water Bottle, Pen/Pencil, Notebook.

Checks payable to **University of Dubuque**.
Registration deadline is December 16th, 2016
Same day registration accepted (\$95)

Registration Form/Payment can be mailed to:

*University of Dubuque Track & Field
c/o Karla Weber
2000 University Ave.
Dubuque, Iowa 52001*

CAMP SCHEDULE

DAY 1 CHECK-IN

8:30a.m – Mercer Birmingham (MB)

*located directly across street from track

TUESDAY & WEDNESDAY, DEC. 27 & 28

- 8:30am – Check-in opens – MB
- 9:00am – Opening session – MB
- 9:20am – Classroom event sessions
- 10:05am – Transition to track
- 10:15am – Team warmup
- 10:35am – Event practice 1
- 11:55am – Transition to lunch
- 12:00pm – Lunch in Heritage Center
- 12:30pm – Classroom session
- 1:00pm – Transition to track
- 1:05pm – Team warmup
- 1:20pm – Event practice 2
- 2:05pm – Snack/water/break
- 2:10pm – Event practice 3
- 2:55pm – Cooldown
- 3:00pm – Closing/Dismissal

If you have any questions please contact:

Camp Director

Chad Gunnelson

cgunnelson@dbq.edu | mobile 608-658-6538



REGISTRATION FORM

**Dubuque High School Track & Field Academy
December 27 & 28, 2016**

Name: _____

Grade: _____ DOB: _____ Age: _____

Email: _____

Address: _____

City: _____ State: ____ Zip: _____

Home Phone: _____

Parent/Guardian/Emergency Contact

Name: _____

Contact #: _____

Relationship: _____

Alternate#: _____

Any allergies or medical concerns: YES | NO
If yes, what are they?

Parent/Guardian's signature and participant signature required on this form to confirm that you have read and agree to all aspects of the "Hold Harmless Agreement-Waiver and Release of Claims"

Parent/Guardian Signature: _____ Date: _____

Participant Signature: _____ Date: _____

Shirt Size: (Circle One) unisex/cotton

YS | YM | YL | SM | MD | LG | XL | XXL | 3XL

Event: (Circle One)

Sprints | Hurdles | Distance | Throws
High Jump | Long & Triple Jump | Pole Vault

Payment: (Camp staff use)

Cash: Amt _____ Check: Amt _____ #: _____

Detach and return with fee.

**Parent/Guardian Release University of Dubuque (UD)
“Hold Harmless Agreement-Waiver and Release of
Claims Form”**

- Each participant’s parent/guardian must complete this form prior to their son/daughter’s participation in the event taking place at the University of Dubuque. Please read this form carefully and be aware that you will waive and releasing all claims for injury/illness sustained arising out of this activity by your son/daughter.
- As the parent/guardian of the participant, I certify that he/she is physically/mentally able to participate in this activity. Furthermore, permission is hereby granted to UD to provide necessary first aid treatment for the participant as well as permission to transport to a medical facility.
- Please recognize that the University of Dubuque does not carry medical insurance for injuries/illness sustained arising out of this activity. It must be noted that the absence of health insurance coverage does not make UD responsible for payment of medical expenses.
- In consideration for the participant’s involvement in this UD activity, I agree to assume all risk and fully release from all liability UD, member of the University community, its directors, officers, trustees, agents, servants and employees, as a result of participating in this activity.
- I agree to waive and relinquish all claims I may have against the UD community, its directors, officers, trustees, agents, servants, and employees, as a result of participating in this activity.
- I further agree to indemnify and hold harmless UD, members of the UD community, its directors, officers, trustees, agents, servants, and employees from any and all claims from injuries/illness including death, damages and losses sustained by my child or rising out of, connected with, or in any way associated with my participation in this activity. This will include holding the University of Dubuque harmless from negligence on the part of the University of Dubuque.

**Parent/Guardian’s Signature and Participant’s
Signature is required on this form to confirm that you
have read and agree to all aspects of the “Hold
Harmless Agreement-Waiver and Release of Claims.”**

*Please sign on reverse side at bottom of
REGISTRATION FORM*

CAMP STAFF

University of Dubuque Track & Field and Cross Country Staff

Chad Gunnelson

Director of Track & Field | Cross Country
Camp Director

E: CGunnelson@dbq.edu

M: 608-658-6538

Ryan Bartell – Jumps Coach

Davivorn Dowe – Sprints Coach

Geoff Gundlach – Distance Coach

Jake Malm – Throws Coach

Evan Zurbuchen – Hurdles Coach

GUEST STAFF

Tom Jasper – Assistant Camp Director

Western Dubuque High School

Ernie Clark – Sprints/Hurdles

Ashland University

Tim Richey – Jumps/Vault

University of Indianapolis

Nate Hopp – Distance

Linn Mar High School



In partnership with:
Western Dubuque High School

2016 DUBUQUE HIGH SCHOOL TRACK & FIELD ACADEMY



**Tuesday
December 27, 9AM – 3PM
Wednesday
December 28, 9AM – 3PM**

Chlapaty Recreation & Wellness Center

**University of Dubuque
Dubuque, IA 52001**